

Ojai Valley Athletic Club June 2011

INTERCLUB SEASON FINALE

Another Interclub season is over! Everyone at OVAC wants to give a big Congrats to our Interclub Ladies "B" Team for winning the Santa Barbara League Title!! It came down to the wire as they beat the final team 4-0 to clinch the title. We are very proud of all our Interclub Tennis Ladies!

Ladies B Team

Captain Taralee Schoen

Co-Captain Kelley Mays

Susan Kasser

Liz Forbess

Suzanne St Claire

Lea Gonzalez

Joyce Parkel

Pinky Belshe

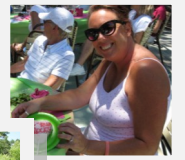
Mary Blakslee

Lori Bolton

Nicole Botti

Sue Rood

Betina LaPlante



TENNIS NEWS

It's been a busy few months and now Summer has come out of nowhere! With the end of Spring also brings the end of our great Ladies Interclub Season. I want to give a big congrats to our B Team for bringing home the League trophy this year! I would also like to take this time to thank all of our captains this season. They have a very tough job that requires many hours of off the court work.

You guys are the ones that make the season a success!

Ruth Hemming (C Team)

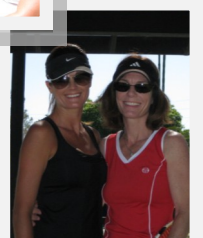
Taralee Schoen (B Team)

Jane O'dell (A2 Team)

Tracy David (A Team)

See Ya on the Courts!

Ryan



Don't miss our summer parties!



June 24th at 6pm...Island Adventures

- ♦ **Hula Dancers and Limbo Contest**
- ♦ **Pulled Pork or Chicken Sandwich**
- ♦ **Pirate Pineapple Salad**
- ♦ **Hawaiian Chips**
- ♦ **Wear Hawaiian or Pirate attire and receive a raffle ticket!**

July 22nd at 6pm...Viva Fiesta!

- ♦ **Salsa Dancing!**
- ♦ **Chili Verde**
- ♦ **Spanish Rice and Black Beans**
- ♦ **Mexican Caesar Salad**
- ♦ **Cupcake Walk**



August 19th at 6pm...The Fabulous 50's

- ♦ *Steak or Chicken Gliders*
- ♦ *French Fries*
- ♦ *Watermelon Slices*
- ♦ *Hula Hoop Fun*
- ♦ *Roller Dice Game*
- ♦ *Bubble Gum Blowing Contest*



WE LOVE OUR DAD'S

Enjoy at 25% savings during the month of June on all men's apparel and duffel bags in The Nook. Stop by and find something special for your special guy.

the nook
OJAI VALLEY
ATHLETIC CLUB



SUMMER SWIM TEAM!

Summer session runs

June 6th through August 26th

ADVANCED SWIM TEAM

Practice Monday, Wednesday, and Friday from
8- 9:00am with Coach Elin.

Space is limited to 16 swimmers

No drop in space available

All swimmers must try-out and be able to swim a 50 meter freestyle in under 1 minute, as well as a 100 IM with continuous/proper technique.

Cost \$60.00 per month

INTERMEDIATE SWIM TEAM

Practice Monday, Wednesday, and Friday from
10-11:00am with Coach Jen.

Space is limited to 16 swimmers/ drop-ins are accepted if space is available

All swimmers must be able to swim a 50 meter freestyle, 50 meter back stroke, proper push off technique and flip turn technique.

Cost \$60.00 per month or \$10.00 per drop in

BEGINNING STROKE DEVELOPMENT

Practice Monday through Friday (5 days a week) from
1-1:30pm with Coach Jen

Space is limited to 12 swimmers/ drop-ins are accepted if space is available

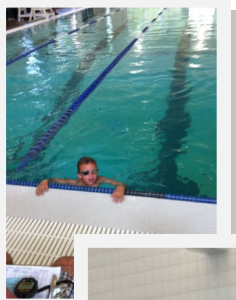
All swimmers must be able to swim one length of the pool unassisted.

Stroke form and breathing will be taught.

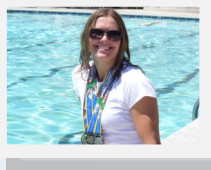
Cost \$40.00 per week for members, and \$50.00 per week for non-members

Drop in \$12.00 at time of service

Non-members welcome!



SEIDER BRINGS HOME FOUR GOLD MEDALS!



Two Ojai Masters swimmers, Wenke Seider and Laura Rearwin, just returned from this year's USMS Nationals in Mesa, Arizona.

Wenke brought home four gold medals and two silver medals from the meet, held April 28 through May 1st. Laura was able to maintain her top twenty placing and bettered her 200-

yard freestyle time by over three seconds.

Wenke hadn't competed in a national championship since 2001, having taken time off from swimming to focus on her two young children. She stated that she really didn't expect to do as well as she did in the meet, having only been able to work out two or three times a week. She was unable to fully taper for the meet, and swam on only three days' rest. However, she had made good use of her practice time, swimming high quality sets with not a lot of rest in between.

Wenke commented that she swam best on the last day of the meet, winning the 200-yard individual medley by over five seconds. She started off the weekend on Friday with a second place finish in the 50-yard butterfly with a time of 27.11, then proceeded to win the 100-yard breaststroke with a time of 1:07.36. On Saturday, she once again started the meet by winning a silver medal in the 100-IM, with a time of 1:00.76, and again finished the day with a first place finish in the 50-yard breaststroke, with a time of 31.00. On Sunday, she completed her competition by winning the 100-yard butterfly in a time of 59.47, and finishing the meet with a first place finish in the 200-yard Individual Medley; her time in that event was 2:11.66.

It was a great come-back experience, after not competing on a national level for a decade. Wenke and Laura are already planning to put in more pool time in anticipation for next year.



JUDGMENT DAY?

The great “unveiling” has come and gone – Memorial weekend. Off go the shirts and on go the swimsuits as Summer officially begins. And, the whole world knows just how you have been doing with your diet and exercise – Judgment Day!

Were you ready?

If not, do something about it.. Whether you are an athlete or just want to look good, goals need to be set with a deadline. So set one for yourself this summer – Independence Day. With a strong workout plan, nutritional program and a healthy dose of motivation you could easily be 10+lbs. leaner. You don’t need to be embarrassed by your body because you can still make amazing changes before it’s time to pack away the swimsuits. This is your opportunity. But you need to start **now**.

So, let’s start with the basics:

1. You need to create a caloric deficit – there is no way to escape the basic fact that you must burn more than you consume. But don’t just eat less. Instead change the foods you eat.
2. The most effective way to create a deficit is with a combination of diet and exercise.
3. You should be eating lean proteins, fruits and veggies, with very little starchy foods or refined carbs. Keep your fluid intake high (water only) and try to eat at least 4-5 small meals per day. Follow this 90% of the time (not 70%, not 80%, a strict 90%).
4. Exercise – interval training and metabolic resistance training are most effective to help you get rid of body fat. Steady state aerobic training just aren’t going to burn the calories you need to meet your fat loss goal. And, doing a body part training split will not be as effective for fat loss as doing total body training.
5. You are going to need to try to exercise at least 4-6 days per week. That would be 2-3 days of resistance training (preferably metabolic resistance training) and 2-3 days of interval based cardio.
6. As far as supplements go, there is no magic out there. Sorry. Although certain supplements can boost metabolism or increase your energy somewhat, when talking about real world “pounds of fat loss”, there isn’t anything that will really make a difference. A multivitamin and a fish oil supplement are very important, but more for your overall health.

Get started NOW! Need a little more guidance? OVAC is offering a **JUMPSTART YOUR SUMMER LEAN BODY WORKOUT for only \$27**. You will receive via email a total of four different printable workouts with pictures and descriptions of every exercise. More specifically, you will receive 2 interval style cardio workouts using primarily your bodyweight (a great travel workout!) and 2 strength training workouts for the gym, along with a great warm-up routine to get you started. Not only will you be lean by the Fourth of July, you will be strong and healthy too! If you are interested, please e-mail Fitness Director Danielle Williams at dwilliams@caclubs.com.



JUNE'S MEMBER OF THE MONTH...FRAN CHRISTIANSEN

When Fran Christiansen saw the poster for *Dream Jeans* her first thought was "It's not possible!"

She went home and pulled out her old favorite jeans. She instantly remembered how long it had been since she was able to fit into those pants. The frayed hem held the clue. Five and a half years ago, Fran and her husband, Jim, got a puppy. Funny how puppies choose our favorite things to chew!

Fran and Jim moved to Ojai in 2000 and immediately joined Ojai Valley Athletic Club. Fran mostly used the treadmill for her cardio workout and occasionally worked with one of our personal trainers. Looking at those old, favorite, slim, puppy loved jeans she truly believed she could never fit into those jeans again...but then she thought "You can do anything for eight weeks, give it a try!"

Now into her second session of *Dream Jeans* she admits that although the first couple of weeks were tough she saw immediate results. Fran was surprised to learn that she had not been eating enough! By following the workout and nutritional program Fran lost weight and inches. She also noticed that her posture has improved and the aches and pains in her knee and back have disappeared. Best of all Fran says she has more energy for the things she loves and she is very proud of herself!

Thank you, Fran, We are proud to have you as our member of the month. And thank you for inspiring all of us to "give it a try, you'll surprise yourself!"

OVAC SUMMER TENNIS CAMPS!!

PEE WEE CAMP

Ages 4-7 Time 9:00-11:30

Cost \$95

We always have a great time with our Pee Wee Camps! Kids will learn the basics while having a great time playing games and having fun! Kids will play tennis and swim for the last 20 minutes.

JUNE 6-10

JUNE 27- JULY 1

JULY 25-29



FUTURES CAMP

Ages 8 & up Time 9:00-12:00

Cost \$125.00

A step up from the Pee Wee Camp. Kids will learn more technique and skill games. Kids will be grouped with others in their skill/age level. It will be a great time with of course some swimming at the end of the day!

JUNE 13-17

JULY 11-15



TOURNAMENT PLAYERS CAMP

Contact Ryan Time 9:00-12:00

Cost \$125.00

Our most intense camp designed for tournament players. We will bring the fun but also have tough drills and match play. If you want to take your tennis to the next level contact Ryan!

JUNE 20-24

JULY 18-22